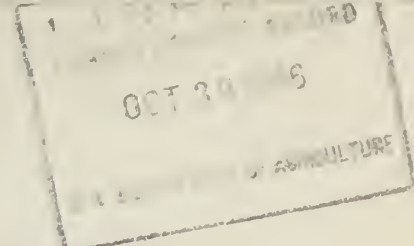


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U. S. DEPARTMENT OF AGRICULTURE  
Production & Marketing Administration

511-513 U. S. Court House  
Phone 2-1365

Fort Worth, Texas  
March 6, 1946

USDA FOOD BULLETIN

To the hungry people of the world nothing else is so vital as food. We should all share this concern for suffering humanity and do something about it. Intelligent utilization and conservation of available food supplies is essential locally, nationally, and internationally. A good balance is required not only in the individual diet but also in world food distribution. Continued ample production is also necessary.

The time and place to begin are here and now. Gardeners, as well as farmers, can have a part in supplementing the food supply. Onion plants, onion sets, cabbage plants, Irish seed potatoes, sweet potatoes for seed, and many kinds of vegetable seed are available and for many of them it is not too early to plant.

No good food should be wasted. The small apples should all be used. Fruits of the less popular colors should not be passed up.

Since grains and other concentrated foods are seriously needed in Europe, more liberal use of vegetables and certain fruits is a possibility in some diets. In fact, many Americans would be benefited by reducing their consumption of cereal starches, sweets, fats, and proteins.

Government nutritionists say that green and yellow vegetables should be served at least once every day for vitamin A. Citrus fruits or tomatoes should be served once a day for vitamin C. Other fruits and vegetables should also be served frequently for rounding out vitamin and mineral needs.

Many people in many states think of Texas grapefruit as a favorite fruit. They are now at their best. Fruit offerings at this time are limited and grapefruit should be made the most of while it is still in season. The moderate prices for Marsh Seedless grapefruit are a point in its favor. The most popular Texas grown orange is said to be the Valencia. This orange is also high in quality and relatively low in price.

It has been suggested that an extra potato should be eaten instead of a slice of bread. Too much bread should not be served. Elderly people, especially, require fewer calories and the way to reduce calories is to go light on fats, sweets, and starches.

Sometimes corpulent persons adopt a voluntary diet made up mostly of salads and fruit. Such a diet, except on a physician's advice is not recommended. But one dietary practice which would meet with approval for most persons, whether fleshy or thin, is to eat salad freely at the beginning of every heavy meal. This serves the double purpose of partially satisfying the appetite and cutting down the desire for too much rich food, while supplying needed vitamins and minerals in a natural manner.

Of the more staple vegetables there is no serious shortage here. No waiting and no need for substitution for the ones most used and most needed. Old potatoes are plentiful, with several varieties from which to choose. Thousands of carloads of potatoes have traveled south and already are planted and coming along to keep the supply up to the human need later on. This week carlot prices are advancing, but still low. Sweet potatoes, while not over-abundant are here, and they are good.

Current best buys include cabbage, carrots, turnips, beets, spinach, celery, cauliflower, potatoes, sweet potatoes, grapefruit, and oranges.

Furnished by Ralph G. Risser,  
Federal Food Reporter





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U. S. DEPARTMENT OF AGRICULTURE  
Production & Marketing Administration

511-513 U. S. Court House  
Phone 2-1365

Fort Worth, Texas  
March 14, 1946

USDA FOOD BULLETIN

If you have been neglecting the fresh vegetables and fruits now available, look out for the eyes! The Irish potatoes may eye you with a mean glance. The onions, whether you find them or not, may bring tears to your eyes. The grapefruit may inject a spurt of juice in your eyes. The spinach may turn you over to its friend, the brawny Pop Eye.

But if you treat the vegetables and fruits with due respect and attention, you'll find them to be good sorts. Displayed on the retail stands or arranged in colorful dinner table combinations, they are feasts for the eyes. Seriously speaking, such vitamin-packed foods as carrots, sweet potatoes, and green vegetables may actually improve the eyesight.

Happy days will be here again soon for lovers of strawberries, but they may not be able to gorge themselves on berries. Although the acreage has been increased, it is still short of normal. Yet it is hoped that this year's crop will be better than the exceptionally light ones of the past two seasons and that there will be no serious dearth of strawberries this spring. Ceiling prices are the same as last year.

In the meantime, while waiting for more strawberries, grapefruit is the outstanding value in fruits. It would be an insult to Texas to sweeten it. In fact the sweetness of Texas grapefruit is a special asset in these days of limited sugar.

In view of the grave food situation in Europe, it is suggested that fruits be substituted for pastry desserts.

Another measure which will help conserve wheat flour is the substitution of potatoes for bread. Some housewives do not serve potatoes and bread at the same meal. They should serve potatoes more frequently than bread. Potatoes are suggested for breakfast in the form of potato cakes, creamed potatoes, or pan cakes; for luncheon as potato salad. For dinner there are many forms in which they may be cooked. Although about 80 per cent of the potato is water, it is valuable in the diet. A medium-sized potato has about the same calorie content as a serving of sweet corn or English peas, but not as much as a serving of lima beans.

Men who know their onions predict that the new crop of Yellow Bermuda and Crystal White wax onions will be moving to market from South Texas in a few weeks. In the meantime, bunched green onions are available and may be substituted for old onions which are scarce and high in price.

Bigger and better gardens are called for this year, but while waiting for them to grow, take a look around at the market. Some of the best values this week are carrots, cabbage, spinach, beets, turnips, potatoes, sweet potatoes, cauliflower, broccoli, celery, grapefruit, and oranges. If these products are given a place on the shopping list, in the market basket, and on the menu, they should help to balance the budget as well as the diet. Small quantities of the first Texas asparagus of the season have appeared on the market. Oranges from Texas and California are now being supplemented with supplies from Florida. The Texas and Florida oranges are Valencias and the oranges from California are Navels.

Furnished by Ralph G. Risser, Federal Food Reporter

